

# SUMMER WORKSHOPS

We are offering families an opportunity to learn CBT based skills to support young people's mental health and wellbeing. There will be 2 workshops running each week of the school summer holidays.

## SUPPORTING WELLBEING

This workshop will cover:  
Understanding wellbeing, 5 steps to wellbeing, relaxation, distraction and self-care. There will be a chance to consider how you can apply these steps to your daily life.

## COPING WITH BIG EMOTIONS

This workshop will cover:  
How big emotions affect our bodies and behaviour, linking these to the zones of regulation, and how we can model effective regulation. There will be chance to try out regulation skills and map out each zone feels in our bodies.

To register your interest, please scan the QR code.  
Please note that there is a maximum capacity of 20.  
We will allow walk-ins on the day subject to availability.



## COMMUNICATING WITH YOUR CHILD ABOUT MENTAL HEALTH

This workshop will cover:  
The importance of talking about our feelings, conversation starters, ways to respond and general tips for communicating with our children. There will be a chance to reflect and practice new skills.

\*Parent /  
carer only

## SUPPORTING LOW MOOD THROUGH ACTIVITY

This workshop will cover:  
Understanding low mood, acting outside-in, things we value in our lives, scheduling activities. There will be a chance to create your own activity schedule based on things which are important to you.

## MANAGING WORRIES

This workshop will cover:  
Understanding anxiety, types of worries, ways to manage different worries. There will be a chance to practice different grounding and distraction techniques.

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	Mon	Tuesday	Weds	Thursday	Fri
29th July - 2nd Aug		30th July 10:00-11:00 Paulsgrove Family Hub <b>COPING WITH BIG EMOTIONS</b>		1st August 10:00-11:00 Somerstown Family Hub <b>COMMUNICATING ABOUT MENTAL HEALTH</b>	
5th - 9th August		6th August 10:00-11:00 Somerstown Family Hub <b>SUPPORTING WELLBEING</b>		8th August 10:00-11:00 Northern Parade Family Hub <b>SUPPORTING LOW MOOD THROUGH ACTIVITY</b>	
12th - 16th August		13th August 10:00-11:00 Paulsgrove Family Hub <b>MANAGING WORRIES</b>		15th August 10:00-11:00 Somerstown Family Hub <b>COPING WITH BIG EMOTIONS</b>	
19th - 23rd August		20th August 10:00-11:00 Northern Parade Family Hub <b>COMMUNICATING ABOUT MENTAL HEALTH</b>		22nd August 10:00-11:00 Victoria Park Community Hub <b>SUPPORTING WELLBEING</b>	
26th - 30th August		27th August 10:00-11:00 Somerstown Family Hub <b>SUPPORTING LOW MOOD THROUGH ACTIVITY</b>		29th August 10:00-11:00 Somerstown Family Hub <b>MANAGING WORRIES</b>	

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These workshops are aimed at both parents/carers and young people. Parents/carers are able to attend alone however, please ensure any young people are accompanied by an adult.